

Music & Dance

Brazilian Cardio Dance

These dance workout classes are driven by the high energy and infectious beats of various Brazilian rhythms. Get a great cardio workout while having fun! Learn to dance to Samba, Bossa Nova, and other Afro-Brazilian rhythms, as well as some Cuban Salsa, Cha-Cha-Cha, etc. The class incorporates a warm up, isolation exercises, a variety of dance patterns, and a cool down. Please wear anything which allows for flexible movement. Tennis shoes, jazz shoes are all suitable, but smooth soles allow for easier turning. **NOTE: Samba moves at a fast pace, and is an intensive cardio workout. Try Latin Cardio Dance on Tuesdays for a somewhat slower paced class, or take both at a discount rate of \$110**

Instructor: Natalie Letcher

Class# 10377

Thursday	Sept 8 - Oct 27	6:15-7:30pm
Veterans Bldg	No. of Sessions: 8	Fee: \$70

Class# 10378

Thursday	Jan 5 - Feb 23	6:15-7:30pm
Veterans Bldg	No. of Sessions: 8	Fee: \$70

Beginning Adult Ballet

Ballet is the "backbone" of all dance training. This is a class for you to dip your toes into the art of ballet and learn a solid background of basics. In ballet you will learn grace, elegance, technique, discipline, flexibility, stamina, and endurance. **ABSOLUTELY NO EXPERIENCE NECESSARY**

Instructor: Alameda Ballet

Class# 10379

Monday	Oct 3 - Nov 14*	7:45-9:00p.m.
Alameda Ballet	No. of Sessions: 6	Fee: \$122

*No Class October 31

Adult Power Barre

Fitness class combining Yoga, Pilate's and Ballet Barre exercises. Gain strength and flexibility in this fun and challenging group exercise class.

Instructor: Dance 10

Class# 10380

Saturday	Sept 10 - Nov 12	11:00-12:00p.m.
Dance 10	No. of Sessions: 10	Fee: \$105

Class# 10381

Saturday	Nov 19 - Feb 11*	11:00-12:00p.m.
Dance 10	No. of Sessions: 10	Fee: \$105

*No Class Nov 26, Dec 10, 24 & 31

Social Dance Sampler

Students will learn Nightclub Two-Step and East Coast swing. Wear comfortable shoes and be ready to have fun! Everyone can dance!

Instructor: Paula Wujek

Class# 10382

Monday	Sept 12 - Oct 24	7:30-8:30p.m.
Veterans Bldg	No. of Sessions: 7	Fee: \$84 per person

Class# 10383

Monday	Oct 31 - Dec 12	7:30-8:30p.m.
Veterans Bldg	No. of Sessions: 7	Fee: \$84 per person

Class# 10384

Monday	Jan 9 - Feb 13	7:30-8:30p.m.
Veterans Bldg	No. of Sessions: 5	Fee: \$60 per person

Latin Cardio Dance

Demonstrating that fitness can be fun, these dance workout classes combine a great cardio workout with the excitement of the Latin/Salsa dance craze. Participants get a workout while having a ball! This class will focus on only Latin rhythms in a cardio/fitness format. Learn to dance to Salsa, Cha-Cha-Cha, Cuban grooves, Merengue, etc. The class incorporates a warm-up, isolation exercises to assist with developing greater coordination of all body parts, a variety of dance patterns and a cool down. All levels welcome. Please wear anything which allows for flexible movement. Athletic shoes are ok, but jazz, or cross training shoes with smooth soles allow for easier turning. **Try Brazilian Cardio Dance for emphasis on Samba & other rhythms, and a faster paced class or take both at a discount rate of \$110.**

Instructor: Natalie Letcher

Class# 10385

Tuesday	Sept 6 - Oct 25	6:15-7:30pm
Veterans Bldg	No. of Sessions: 8	Fee: \$65

Class# 10386

Tuesday	Jan 3 - Feb 21	6:15-7:30pm
Veterans Bldg	No. of Sessions: 8	Fee: \$65

Adult Tap Dance

This dance class includes an introduction to musicality, clarity of tap sounds, proper technique, speed, and a variety of styles of steps. Students should be dressed in athletic wear. Tap shoes required.

Instructor: Dance 10

Class# 10387

Wednesday	Sept 7 - Nov 30*	1:30-2:30pm
Dance 10	No. of Sessions: 12	Fee: \$205

*No Class November 23

Class# 10388

Tuesday	Sept 6 - Nov 29*	8:00-9:00pm
Dance 10	No. of Sessions: 12	Fee: \$205

*No Class November 22

Salsa & Cuban Timba 1

Come learn this exciting dance form that is so popular today. Salsa music is intensely rhythmic, sensual and uplifting, and this class will get you dancing! As a beginning course, this class will introduce students to Salsa rhythms, cover basic steps, turns, and beginning choreography. Modern Cuban Salsa music known as Timba, emphasizes a more natural, funky, and rhythmic flavor of dance, rather than the technical emphasis of ballroom influenced Salsa. Detailed instruction for leading and following are broken down into basic building blocks that you will learn to put together. Each subsequent class will include a review and guided practice section to assist you with smoothly transitioning from one pattern to another. The end of this class will overlap with the more advanced class allowing both groups to practice together for a short period and further practice their leading and following skills. No partner needed, just come and have fun!

Instructor: Natalie Letcher

Class# 10389

Wednesday	Sept 7 - Oct 26	7:30-8:30p.m.
Veterans Bldg	No. of Sessions: 8	Fee: \$65 Per Person

Class# 10390

Wednesday	Jan 4 - Feb 22	7:30-8:30p.m.
Veterans Bldg	No. of Sessions: 8	Fee: \$65 Per Person

Salsa & Cuban Timba 2

For students who have taken an introductory Salsa class. This class will review Salsa basics, build your repertoire of patterns, and continue incorporating contemporary Cuban style Salsa music, known as Timba. Cuban style Salsa emphasizes a more natural, funky, and rhythmic flavor of dance, rather than the technical emphasis of ballroom influenced Salsa. Students will thus learn to dance to various Salsa & Timba rhythms, both fluid and funky, and mark time or 'break' on different beats. A breakdown of sensual hip and torso movement is covered, the trademark of natural Latin dance. Both guided and independent practice sections are included to assist students in gaining greater mastery of the patterns learned. The first 15 minutes of this class format will overlap with the beginning class for review. Guided practice sections are also included to assist students in smoothly transitioning from one pattern to another. No partner needed, just come and have fun!

Instructor: Natalie Letcher

Class# 10391

Wednesday	Sept 21 - Oct 12	8:15-9:15p.m.
Veterans Bldg	No. of Sessions: 4	Fee: \$35 per person

Class# 10392

Wednesday	Jan 18 - Feb 8	8:15-9:15p.m.
Veterans Bldg	No. of Sessions: 4	Fee: \$35 per person

Zumba

Zumba is a latin inspired dance fitness program that blends red-hot international music, created by Gramm award producers and contagious steps to form a fitness party that is down right addictive. Zumba fitness is known for: the zesty Latin music, like Salsa, Merengue, Cumbia and reggaeton; the exhilarating, easy to follow moves; and invigorating party-line atmosphere. ***Drop in \$12 per class**

Instructor: Dee Tayag

Class# 10393

Monday & Wednesday	Sept 7 - 28	6:30-7:30pm
Veterans Bldg	No. of Sessions: 7	Fee: \$100

Class# 10519

Monday & Wednesday	Oct 3 - 26*	6:30-7:30pm
Veterans Bldg	No. of Sessions: 8	Fee: \$100

***No Class on October 17**

Class# 10520

Monday & Wednesday	Nov 2 - 30*	6:30-7:30pm
Veterans Bldg	No. of Sessions: 6	Fee: \$100

No Class on November 14, 23 & 28

Class# 10521

Monday & Wednesday	Dec 5 - 21	6:30-7:30pm
Veterans Bldg	No. of Sessions: 6	Fee: \$100

Taiko Drumming *Beginner* (Ages 10 years & up)

An introduction to the rhythms and movement of Japanese Taiko Drumming. Beginners start playing simple pieces at the first session. This class is fun and provides moderate aerobic exercise for everyone. Note: There will be a \$5 materials fee, payable to instructor at first class.

Instructor: Kaji Yama Taiko Group

Class# 10394

Tuesday	Sept 6 - Nov 8	7:30-8:30p.m
O'Club	No. of Sessions: 10	Fee: \$103

Class# 10395

Tuesday	Nov 29 - Feb 7*	7:30-8:30p.m
O'Club	No. of Sessions: 10	Fee: \$103

***No Class January 17, 2012**

Taiko Drumming *Intermediate* (Ages 10 years & up)

This class teaches more complex and more physically demanding Japanese Taiko Drumming. This class provides moderate-to-vigorous aerobic exercise. It is the goal of this class to introduce the students to the full spectrum of skills needed to present a performance. We discuss drumming styles, staging, varieties of equipment, etc. But please note we do not intend to produce any stage performances as part of this class. Note: There will be a \$5 materials fee, payable to instructor at first class.

Instructor: Kaji Yama Taiko Group

Class# 10396

Tuesday	Sept 6 - Nov 8	6:30-7:30
O'Club	No. of Sessions: 10	Fee: \$103

Class# 10397

Tuesday	Nov 29 - Feb 7*	6:30-7:30
O'Club	No. of Sessions: 10	Fee: \$103

***No Class January 17, 2012**

Fitness

Aikido For Adults

Aikido is a Japanese martial art, a self-defense system which primarily emphasizes the use of redirecting the attacker's energy, as opposed to meeting force with force, and not based on physical strength, but technique. Techniques involved are joint locks, holds, and body throws. In addition to physical fitness, mental training, development of "ki" (spirit) and character are emphasized in aikido training. Various organizations such as the military, law enforcement, and various government security agencies are trained in this type of system. Men, women, and teens can equally benefit from learning this martial art.

Instructor: Elmer Tancinco

Class# 10398

Thursday	Sept 1 - Oct 20	6:45-7:45p.m.
Saturday	Sept 3 - Oct 22	9:00-10:00a.m.
Alameda Aikikai	No. of Sessions: 8	Fee: \$63

Class# 10399

Thursday	Jan 5 - Feb 23	6:45-7:45p.m.
Saturday	Jan 7 - Feb 25	9:00-10:00a.m.
Alameda Aikikai	No. of Sessions: 8	Fee: \$63

*You may choose any 8 sessions from these weeks.

**Includes practice uniform if you do not already own one.

Shaolin Tai Chi Praying Mantis Kung Fu

Training in traditional Northern Chinese Kung Fu from the Shaolin Temple lineage. Basic training plus Qi Gong, meditation and self defense. Member of the USA Chuk Kai Tai Chi Praying Mantis Federation.

Instructor: G.D. French

Class# 10425

Wednesday	Sept 7 - Dec 7	7:00-8:30p.m.
Harrison Center	No. of Sessions: 14	Fee: \$59

Class# 10426

Wednesday	Jan 4 - Feb 22	7:00-8:30p.m.
Harrison Center	No. of Sessions: 8	Fee: \$35

Beginning Core

Learn the basic core strengthening techniques offered in this 30 minute class. No experience needed.

Instructor: Cata Stewart

Class# 10400

Mon, Wed & Fri	Aug 29 - Oct 21*	6:00-6:30p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$58

*No Class September 5

Class# 10401

Mon, Wed & Fri	Oct 24 - Dec 16*	6:00 -6:30p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$58

*No Class November 25

Class# 10402

Mon, Wed & Fri	Dec 26 - Feb 17*	6:00 -6:30p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$58

*No Class January 16, 2012

Boot Camp

We are back and doing it bigger and better! Come join the class as we work toward keeping the winter pounds off.

Instructor: Cata Stewart

Class# 10403

Mon, Wed & Fri	Aug 29 - Oct 21*	7:00-8:00p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$75

*No Class September 5

Class# 10404

Mon, Wed & Fri	Oct 24 - Dec 16*	7:00 -8:00p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$75

*No Class November 25

Class# 10406

Mon, Wed & Fri	Dec 26 - Feb 17*	7:00 -8:00p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$75

*No Class January 16, 2012

All Core

From start to finish this class focuses on core stabilization and core strength. Come join the fun.

Instructor: Cata Stewart

Class# 10407

Tuesday & Thursday	Aug 30 - Oct 20	6:30-7:00p.m.
Leydecker Center	No. of Sessions: 16	Fee: \$50

Class# 10408

Tuesday & Thursday	Oct 25 - Dec 15*	6:30-7:00p.m.
Leydecker Center	No. of Sessions: 15	Fee: \$50

*No Class November 24

Class# 10409

Tuesday & Thursday	Dec 27 - Feb 16	6:30-7:00p.m.
Leydecker Center	No. of Sessions: 16	Fee: \$50

More Core - 30 min core workout

Keeping the core strong is the most important thing you'll do for a healthy back. This class offers a deeper challenge for anyone who has past core experience.

Instructor: Cata Stewart

Class# 10410

Mon, Wed & Fri	Aug 29 - Oct 21*	6:30-7:00p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$58

*No Class September 5

Class# 10411

Mon, Wed & Fri	Oct 24 - Dec 16*	6:30 -7:00p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$58

*No Class November 25

Class# 10412

Mon, Wed & Fri	Dec 26 - Feb 17*	6:30 -7:00p.m.
Leydecker Center	No. of Sessions: 23	Fee: \$58

*No Class January 16, 2012

Functional Strength Training

Learn proper methods of lifting and moving. This hour is filled with exercises that improve your fitness level. Great for all fitness levels. Most equipment provided.

Instructor: Cata Stewart

Class# 10413

Tuesday & Thursday	Aug 30 - Oct 20	7:00-8:00p.m.
Leydecker Center	No. of Sessions: 16	Fee: \$68

Class# 10414

Tuesday & Thursday	Oct 25 - Dec 15*	7:00-8:00p.m.
Leydecker Center	No. of Sessions: 15	Fee: \$68

*No Class November 24

Class# 10415

Tuesday & Thursday	Dec 27 - Feb 16	7:00-8:00p.m.
Leydecker Center	No. of Sessions: 16	Fee: \$68

Tai Chi Chuan

Training in Tai Chi Chaun for health & self defense. Includes Qi Gong and meditations basics as taught by the Shaolin Lineage. Member of the USA Chuk Kai Tai Chi Praying Mantis Federation.

Instructor: G.D. French

Class# 10427

Monday	Sept 12 - Dec 12	7:00-8:30p.m.
Harrison Center	No. of Sessions: 14	Fee: \$59

Class# 10428

Monday	Jan 2 - Feb 13*	7:00-8:30p.m.
Harrison Center	No. of Sessions: 6	Fee: \$27

*No Class January 16, 2012

Mornings with Cata

We are back and putting in work. Kids are back in school and moms are back to getting fit, core exercises with a twist. Mat and 3 - 5 lbs weights needed for this class.

Instructor: Cata Stewart

Class# 10416

Mon, Wed, Fri	Aug 29 - Sept 23*	9:00-9:30a.m.
Bayport	No. of Sessions: 11	Fee: \$38

*No Class September 5

Class# 10417

Mon, Wed, Fri	Sept 26 - Oct 21	9:00-9:30a.m.
Bayport	No. of Sessions: 12	Fee: \$38

Class# 10418

Mon, Wed, Fri	Oct 24 - Nov 23*	9:00-9:30a.m.
Bayport	No. of Sessions: 12	Fee: \$38

*No Class November 11

Class# 10419

Mon, Wed, Fri	Nov 28 - Dec 23*	9:00-9:30a.m.
Bayport	No. of Sessions: 11	Fee: \$38

Class# 10420

Mon, Wed, Fri	Jan 2 - 30	9:00-9:30a.m.
Bayport	No. of Sessions: 12	Fee: \$38

Class# 10421

Mon, Wed, Fri	Feb 6 - Mar 2	9:00-9:30a.m.
Bayport	No. of Sessions: 12	Fee: \$38



Jazzercise ~ Park Street

Jazzercise on Park St is located inside Alameda Ballet Academy (ABA), 1402 Park Street 2nd floor, Corner of Park St & Central Ave. The fresh music and fun moves of Jazzercise meet all your fitness needs - Cardio, Strength, and stretch in just one hour! Our Fall/Winter session is available to new customers at the Park St. location. For more information phone Kriste @ 522-2527 or visit our website www.jazzercentral.com.

All classes are 1 hour in length.

Instructors: Kriste Falkner, Judy Judy, Michele Germany

Class# 10422

Alameda Ballet

Academy

August 29, 2011- February 24, 2012

Monday, Wednesday, Friday	6:00-7:00 a.m.
Monday through Friday	8:30-9:30 a.m.
Monday, Wednesday, Friday	9:30-10:30 a.m.
Monday through Thursday	6:30-7:30 p.m.
Saturday	8:00-9:00 a.m.
Saturday	9:00-10:00 a.m.
Sunday	9:00-10:00 a.m.
Sunday	10:00-11:00 a.m.

24 weeks unlimited attendance

Fee: \$102

Jazzercise ~ Bay Farm Island

Jazzercise on Bay Farm Island is located inside the air-conditioned Temple Israel Social Hall and Twin Towers Church Gym on the corner of Oak and Central Avenue in Alameda. Unlimited class attendance for this 13-week Fall or 13 week Winter Session is available for new students at Temple Israel Social Hall and Twin Towers Church Gym. Dress in exercise clothes you can sweat in. All ages, levels and sizes welcome, so come join us today! For more information, call Instructor Karen Park @ 865-2213 or visit www.jazzerkaren.com.

Instructors: Karen Park, Patricia Rossoukh, Wendy Robinette

Class# 10423

August 29 - November 26, 2011

13 weeks unlimited attendance

Fee: \$50

Class# 10424

November 28 - February 24, 2012

13 weeks unlimited attendance

Fee: \$50

Temple Israel Social Hall,

3183 Mecartney Road, Harbor Bay Shopping Center

Mon, Tues, Wed & Fri 9:00-10:00 a.m.

Mon, Tue, Wed 5:30-6:30 p.m.

Friday 5:15 -6:15 p.m.

Twin Towers Church Gym, Oak & Central

Saturday 9:00-10:00 a.m.

Power Fitness PDX

Power Fitness PDX is the premier boot camp to not only help you reach your health and fitness goals, but SURPASS them! Classes are set for all fitness levels, challenging each person individually and together as a TEAM. Classes combine cardio, strength, plyometrics, body core conditioning, and agility by utilizing your body weight, the environment and minimal equipment. No class is the same, and within the 60 minute class your body will leave stronger, more powerful and you will be more in tune with how you move. Power Fitness PDX is owned and operated by Master Trainer and Coach Erin Kreitz Shirey.

Class# 10445	Tuesday & Thursday	September 6 - 29	6:15-7:15am
Crown Beach, Wash Park Stairs & Vets Bld		No of Sessions: 8	Fee: \$135
Class# 10446	Tuesday & Thursday	October 4 - 27	6:15-7:15am
Crown Beach, Wash Park Stairs & Vets Bld		No of Sessions: 8	Fee: \$135
Class# 10447	Tuesday & Thursday	November 1 - 29*	6:15-7:15am
Crown Beach, Wash Park Stairs & Vets Bld		No. of Sessions: 8	Fee: \$135

*No Class November 24

Low Impact Cardio

Low impact gentle aerobic workout. Gently firm and stretch and experience an overall conditioning of the body. Suitable for those just starting an exercise program, who enjoy a lower pace and those of the golden years.

Instructor: Toya Alexander

Class# 10485	Tuesday & Thursday	Aug 30 - Sept 22	9:00-10:00a.m.
Harrison Center	No. of Sessions: 8	Fee: \$46	Seniors: \$44
Class# 10486	Tuesday & Thursday	Sept 27 - Oct 20	9:00-10:00a.m.
Harrison Center	No. of Sessions: 8	Fee: \$46	Seniors: \$44
Class# 10487	Tuesday & Thursday	Nov 29 - Dec 15*	9:00-10:00a.m.
Harrison Center	No. of Sessions: 6	Fee: \$36	Seniors: \$34
*No Class November 22 & 24			
Class# 10488	Tuesday & Thursday	Jan 3 - 26	9:00-10:00a.m.
Harrison Center	No. of Sessions: 8	Fee: \$46	Seniors: \$44
Class# 10489	Tuesday & Thursday	Jan 31 - Feb 23	9:00-10:00a.m.
Harrison Center	No. of Sessions: 8	Fee: \$46	Seniors: \$44

Gentle Yoga Stretch

Experience the benefits of gentle stretches and poses that energize your body. Relaxation and guided meditation centers body and mind. Start your day with a gentle yoga workout. Suitable for beginners and intermediates. Eat 1-1/2 hours before class. Empty stomach required.

Instructor: Toya Alexander

Class# 10479	Monday & Wednesday	Aug 29 - Sept 21*	9:00-10:00a.m.
Harrison Center	No. of Sessions: 7	Fee: \$43	Seniors: \$39
*No Class September 5			
Class# 10480	Monday & Wednesday	Sept 26 - Oct 19	9:00-10:00a.m.
Harrison Center	No. of Sessions: 8	Fee: \$46	Seniors: \$44
Class# 10481	Monday & Wednesday	Oct 24 - Nov 16*	9:00-10:00a.m.
Harrison Center	No. of Sessions: 7	Fee: \$43	Seniors: \$39
*No Class November 11			
Class# 10482	Monday & Wednesday	Nov 28 - Dec 14*	9:00-10:00a.m.
Harrison Center	No. of Sessions: 6	Fee: \$36	Seniors: \$34
No Class November 21 & 23			
Class# 10483	Monday & Wednesday	Jan 4 - 25*	9:00-10:00a.m.
Harrison Center	No. of Sessions: 6	Fee: \$36	Seniors: \$34
*No Class January 16			
Class# 10484	Monday & Wednesday	Jan 30 - Feb 22*	9:00-10:00a.m.
Harrison Center	No. of Sessions: 7	Fee: \$43	Seniors: \$39
*No class February 20			

Golf - Adult

We will cover basic instruction on the fundamentals of the golf swing, using irons and woods, including chipping and putting techniques. Clubs provided for all those without them. Rubber soled shoes are recommended. Enrollment is limited.

Instructor: Randy Herzberg

Class# 10429	Friday	Sept 2 - Oct 7	9:30-10:30a.m.
Godfrey Field		No. of Sessions: 6	Fee: \$53
Class# 10430	Friday	Sept 2 - Oct 7	10:30-11:30a.m.
Godfrey Field		No. of Sessions: 6	Fee: \$53

Aikido with Tom Reed

The martial art Aikido is often thought of as a soft or internal art. When the term soft or internal is used to describe a martial art, it means that technique, timing and efficiency, rather than strength, are emphasized in the movements.

Instructor: Tom Reed

Class# 10431

Monday & Wednesday Sept 7 - 28 7:30-8:30p.m.
O'Club Terrace Room No. of Sessions: 7 Fee: \$53

Class# 10432

Monday & Wednesday Oct 3 - 31 7:30-8:30p.m.
O'Club Terrace Room No. of Sessions: 9 Fee: \$53

Class# 10433

Monday & Wednesday Nov 2 - 30 7:30-8:30p.m.
O'Club Terrace Room No. of Sessions: 9 Fee: \$53

Class# 10434

Monday & Wednesday Dec 5 - 28 7:30-8:30p.m.
O'Club Trident Room No. of Sessions: 8 Fee: \$53

Class# 10435

Monday & Wednesday Jan 2 - 30* 7:30-8:30p.m.
O'Club Trident Room No. of Sessions: 8 Fee: \$53

*No Class January 16, 2012

Class# 10436

Monday & Wednesday Feb 1 - 29* 7:30-8:30p.m.
O'Club Trident Room No. of Sessions: 8 Fee: \$53

*No Class February 20, 2012

Hawaiian Jujitsu for Adults (Ages 15 & Up)

An oriental system of Martial Art using anatomical knowledge and the principle of leverage against the strength and weight of an aggressor. This class is structured toward more street self-defense, grappling, and traditional Jujitsu (Kodenkan). Students learn to do simple techniques to control their partner when attacked. You will learn to fall and control your partner without getting hurt when on the ground.

Instructor: Chris Peterson

Class# 10437

Tues & Thurs Aug 30 - Sept 22 6:30-8:00pm
Twin Towers No. of Sessions: 8 Fee: \$53

Class# 10438

Tues & Thurs Sept 27 - Oct 20 6:30-8:00pm
Twin Towers No. of Sessions: 8 Fee: \$53

Class# 10439

Tues & Thurs Oct 25 - Nov 17 6:30-8:00pm
Twin Towers No. of Sessions: 8 Fee: \$53

Class# 10440

Tues & Thurs Nov 29 - Dec 22 6:30-8:00pm
Twin Towers No. of Sessions: 8 Fee: \$53

Class# 10441

Tues & Thurs Jan 3 - 26 6:30-8:00pm
Twin Towers No. of Sessions: 8 Fee: \$53

Class# 10442

Tues & Thurs Jan 31 - Feb 23 6:30-8:00pm
Twin Towers No. of Sessions: 8 Fee: \$53

Fitness Conditioning and Combat Workout

Get fit and learn basic self-defense techniques. Classes begin with stretches and lead into physical conditioning exercises. We learn and practice basic boxing, kick boxing and self-defense moves. Conditioning exercises vary from light to intense, depending on physical ability and condition of participants. Participants are not forced to perform exercises that may cause overexertion. This class is perfect for young adults, adults who wish to improve their fitness level, and those who want to learn to defend themselves. (Minors must be accompanied by a parent.)

Instructor: Alameda Aikikai

Class# 10443

Wednesday Aug 31 - Oct 19 6:00-8:15pm
Alameda Aikikai No. of Sessions: 8 Fee: \$50

Class# 10444

Wednesday Jan 4 - Feb 22 6:00-8:15pm
Alameda Aikikai No. of Sessions: 8 Fee: \$50

Yoga for the Body & Mind

Combine stretching, stillness, and stamina in giving your body a well-rounded yoga workout to increase your overall sense of well being. Enhance your energy, gain flexibility, increase strength, and reduce your aches and pains. Open for all levels. Wear loose clothing, and an empty stomach.

Instructor: Toya Alexander

Class# 10490

Tuesday Aug 30 - Oct 4 6:30-7:30p.m.
Harrison Center No. of Sessions: 6 Fee: \$51

Class# 10491

Tuesday Aug 30 - Oct 4 7:40-8:40p.m.
Harrison Center No. of Sessions: 6 Fee: \$51

Class# 10492

Tuesday Oct 11 - Nov 15 6:30-7:30p.m.
Harrison Center No. of Sessions: 6 Fee: \$51

Class# 10493

Tuesday Oct 11 - Nov 15 7:40-8:40p.m.
Harrison Center No. of Sessions: 6 Fee: \$51

Class# 10494

Tuesday Nov 22 - Jan 10* 6:30-7:30p.m.
Harrison Center No. of Sessions: 6 Fee: \$51

*No Class December 20 & 27

Class# 10495

Tuesday Nov 22 - Jan 10* 7:40-8:40p.m.
Harrison Center No. of Sessions: 6 Fee: \$51

*No Class December 20 & 27

Class# 10496

Tuesday Jan 17 - Feb 21 6:30-7:30p.m.
Harrison Center No. of Sessions: 6 Fee: \$51

Class# 10497

Tuesday Jan 17 - Feb 21 7:40-8:40p.m.
Harrison Center No. of Sessions: 6 Fee: \$51

Special Interest

Southeast Asian Cooking Workshop

Learn how to prepare and present several authentic and delicious Southeast Asian cuisines. This hands-on workshop will feature a different menu each week. Be prepared to experience an array of flavors. Bring containers for leftovers!

***\$40 supply fee due to instructor at 1st class.**

Instructors: Sandy & Dinh Truong

Class# 10448

Wednesday	Sept 21 - Oct 19**	6:30-8:30pm
Bayport Center	No. of Sessions: 5	Fee: \$78*

Bridge - Intermediate/Beginning

This class is very close to being a beginning class in the subjects covered and the hands bid and played are similar to those found in the Beginning class. All students will get to bid play and score at every class. Covered subjects include: a review of the basics; Stayman and Blackwood conventions; play of the hand and defense strategy. The required text booklet, Intermediate Bridge, is provided at cost, \$3.00. Rich Leres, at 510-654-5632, will be happy to answer your questions.

Instructor: Rich Leres

Class# 10449

Tuesday	Oct 18 - Dec 6	7:00-9:00p.m.
McKinley Center	No. of Sessions: 8	Fee: \$59

Handling the Challenges of Defiant and Moody Teenagers

Why did my sweet and good-tempered child turn into a difficult adolescent? How can I deal with their ups and downs without losing my mind?

Family Effectiveness Training offers a new way of dealing with parent-adolescent conflicts. You will learn how to resolve disagreements in a way that ensures that no one loses and problems stay solved. Participants will be given a comprehensive set of skills and the framework for applying these skills. With the help of F.E.T. you can teach your children self-discipline, self-control and an inner sense of personal responsibility.

Instructor: Andrea J Peto

Class# 10451

Monday	Nov 7 - Dec 12	7:00-9:00p.m.
Leydecker Center	No. of Sessions: 6	Fee: \$129

Picture Pendant Ornament (Ages 14 & up)

Create personalized ornaments this holiday season! Use Diamond Glaze and bezels along with your photographs and cut-outs to create meaningful ornaments. You will learn how to use Diamond Glaze and bezel settings, to deal with and avoid bubbles, to embed objects, and to create a simple loop to add embellishments to your ornament. Please bring photos, papers and other items you wish to embed in Diamond Glaze. Pictures created using colored pencils, as well as permanent and alcohol inks should work nicely. Ages 10-13 may attend with an adult who is also signed up for the class. ***A \$12 kit is required to purchase from the store on the day of the class. (additional materials available to be purchased as well.)**

Instructor: Bead Inspirations

Class# 10452

Saturday	November 26	10:30am-2:30pm
Bead Inspiration	No. of Sessions: 1	Fee: \$40*

Simple, Last Minute Holiday Gifts

Design & make gorgeous jewelry, bookmarks, and cell phone charms for the special people in your life! This class focuses on simple techniques that don't require special tools or advanced skills. It's surprisingly simple to learn to make fun and elegant earrings without bending wire into wire wraps. Make a matching necklace or bracelet in almost no time at all! Amaze your family and friends with your awesome handcrafted gifts. This is a great class for kids or adults to learn some simple techniques with or without good hand-eye coordination. You'll design your own gifts in class (with the help of the instructor, if needed) and leave with them finished. Ages 7-9 can attend with an adult who is also signed up for the class. Ages 10 & up may attend without an adult. ***Materials not included and may be purchased in the store on the day of the class.**

Instructor: Bead Inspirations

Class# 10450

Tuesday	December 20	12:30-2:30p.m.
Bead Inspiration	No. of Sessions: 1	Fee: \$20*